

EXTRACT OF
**Gynostemma
Pentaphyllum**



Introducing ActivAMP®

ActivAMP® is a powerful extract derived from the gynostemma plant, which has been used for centuries in traditional Asian medicine. Found in regions like China, Vietnam, Japan, and Korea, this ancient herb is now transformed through a proprietary extraction process using ethanol and water, unlocking its full potential. This process standardizes ActivAMP® to contain the beneficial compounds Gypenoside L and 20(S)-Ginsenoside Rg3, which help support fat burning and boost energy—making it a vital part of our AMP-K formula.



ActivAMP® Benefits

Aerobic fitness*

Weight management*

ActivAMP® Formulation Features

- Clinically supported dosage: 450mg /day
- Allergen free (Major 9)
- Vegan / vegetarian
- Non-GMO

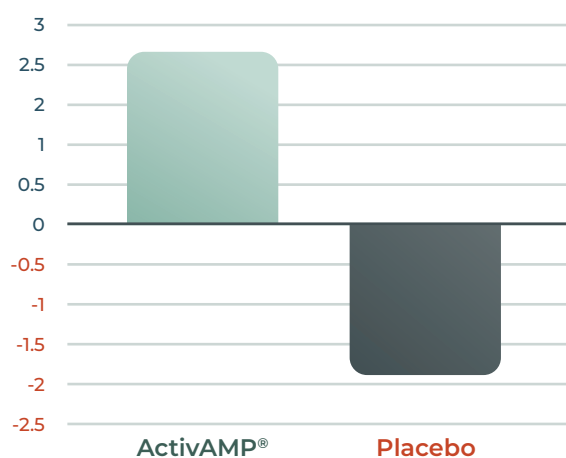
*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. This material is educational in nature and is not intended to serve as regulatory and/or legal advice.

The Science

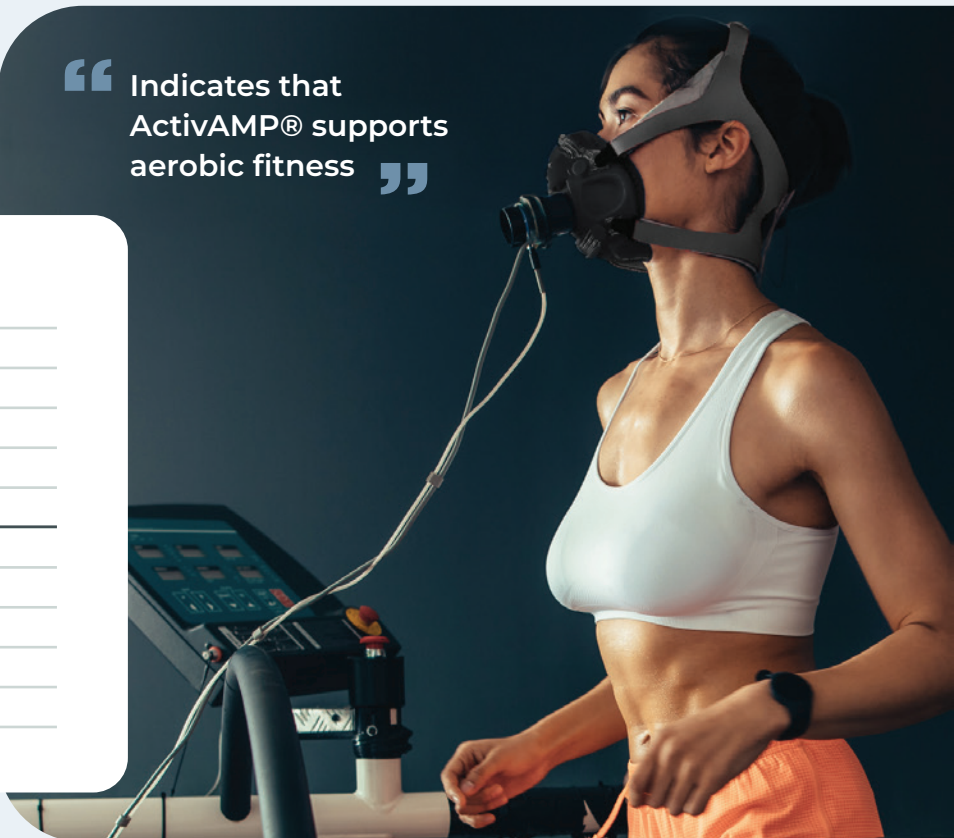
To determine the effectiveness AMP-K Greens, ActivAMP®, underwent a rigorous clinical study. Here's a quick look at the key aspects of this study that highlight its thorough approach and impressive results:

Aerobic fitness

% Change VO₂ Max



“ Indicates that
ActivAMP® supports
aerobic fitness ”



Key Results

Significant increase in VO₂ max (maximal oxygen consumption during exercise) in comparison to the placebo ($p = 0.007$). **This Indicates that ActivAMP® supports aerobic fitness**

Study Details

Study Type	Randomized, double-blind, placebo-controlled trial
Subjects	100 adult men and women
Intervention	450 mg once daily (450 mg/day) of ActivAMP® or a matching placebo
Study Duration	12 Weeks

% change in VO₂ max over 12 weeks for ActivAMP® and the matching placebo. *Indicates a statistically significant ($p < 0.05$) improvement in VO₂ max over time as compared to the placebo group. Ahn, Y., Lee, H. S., Lee, S. H., Joa, K. L., Lim, C. Y., Ahn, Y. J.,... & Hong, K. B. (2023). Phytotherapy Research.

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Weight Loss

Change in Body Weight



ActivAMP® Placebo

Percent change in body weight from baseline over 16 weeks for ActivAMP® and the matching placebo.

*Indicates a statistically significant ($p < 0.05$) reduction in body weight over time as compared to the placebo group.

Change in Body Mass Index (BMI)

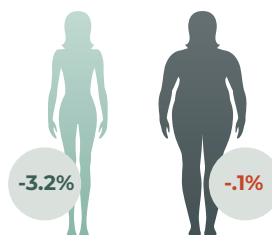


ActivAMP® Placebo

Percent change in body mass index (BMI) from baseline over 16 weeks for ActivAMP® and the matching placebo.

*Indicates a statistically significant ($p < 0.05$) reduction in BMI over time as compared to the placebo group.

Change in Fat Mass

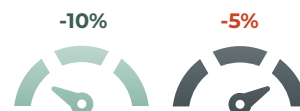


ActivAMP® Placebo

Percent change in fat mass from baseline over 16 weeks for ActivAMP® and the matching placebo.

*Indicates a statistically significant ($p < 0.05$) reduction in fat mass over time as compared to the placebo group.

Change in Triglycerides



ActivAMP® Placebo

Percent change in triglycerides from baseline over 16 weeks for ActivAMP® and the matching placebo.

*Indicates a statistically significant ($p < 0.05$) reduction in triglycerides over time as compared to the placebo group.

Key Results

Significant decrease in body weight ($p = 0.02$), body mass index (BMI) ($p = 0.049$), and fat mass ($p = 0.048$) in comparison to the placebo

- Indicates that ActivAMP® supports weight management and a healthy BMI, as well as helps to reduce body fat.
- Significant decrease in triglycerides in comparison to the placebo ($p = 0.02$).
- Indicates ActivAMP® supports healthy triglycerides.

Study Details

Study Type	Randomized, double-blind, placebo-controlled trial
Subjects	117 adult men and women with a BMI > 25 to < 35 kg m ²
Intervention	225 mg with a meal twice daily (450 mg/day) of ActivAMP® or a placebo
Study Duration	16 Weeks

Rao, A., Clayton, P., & Briskey, D. (2022). Journal of Human Nutrition and Dietetics, 35(3), 583-589.

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“ Indicates a statistically significant reduction in body weight ”